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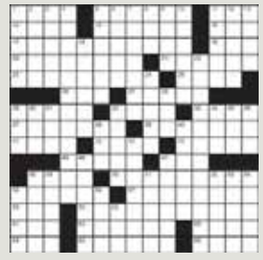

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THE CANADIAN PRESS

MEMORIAL REMOVED

CITY TAKES AWAY PLAQUES FOR PICKTON'S VICTIMS

metroNEWS

Strip mall shooting ends violent weekend

CRIME

Death marks city's 13th homicide

Emily Jackson
Metro | Vancouver

A man was shot dead Sunday afternoon at a busy strip mall in a west side neighbourhood near the Cambie corridor, leaving shoppers shaken after what police believe was a targeted killing.

Witnesses called 911 to report shots fired in the mall parking lot at King Edward Avenue near Oak Street around 2 p.m., Vancouver police spokesman Const. Brian Montague said.

Police rushed to the mall parking lot only to find a man who was "clearly dead" in the passenger seat of a white Toyota Camry.

"While it is still early in the investigation, the attack appears targeted," Montague said. The man's identity had not been released and no arrests were made as of Sunday evening. The shooting is the city's 13th homicide of 2015.

The shooting ended a violent weekend in the Lower Mainland. Burnaby RCMP confirmed that there were shots fired on Saturday night. A man reportedly opened fire outside of REVS Bowling on the Lougheed Highway, hitting a bystander in the leg.

In Surrey, a 36-year-old man with gunshot wounds was dropped off at the hospital early Saturday morning. The man is not co-operating and is well-known to police, who believe the shooting was targeted.

The violence comes merely days after B.C. Premier Christy Clark's Friday announcement that the province will invest $5 million to target gangsters and prolific offenders and to educate at-risk youth on the risks of gang life.

Anyone with information on these events is asked to call Crime Stoppers at 1-800-222-8477.

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metro NEWS
Your essential daily news

Quebec to rename sites with N-word. **Canada**

Car2go rolls out luxury Mercedes-Benz option

SHARING ECONOMY

Ritzier ride goes for the same price as a smart car

Emily Jackson
Metro | Vancouver

Metro took the Mercedes-Benz B-class car2go on a test drive along the Sea-to-Sky Highway to Joffre Lakes on Saturday. It turned heads. EMILY JACKSON/METRO

Car2go just became a bigger player in Vancouver's competitive car-sharing market — literally.

The city's largest one-way car-sharing company added 25 four-door Mercedes-Benz B-class vehicles to its fleet of Smart Fortwos, officially making the larger hatchbacks available to its 91,000 members on Monday. Daimler owns both brands.

During the pilot — car2go will also test the larger vehicles in Calgary — members can drive the (way) swankier, five-seater cars for the exact same cost as the 1,250 two-seater cars.

It's the first time car2go is offering four-door vehicles in North America, with the larger cars coming less than a month after Evo Car Share expanded its fleet of four-door Toyota Prius cars with roof racks to 350 vehicles.

Car2go wouldn't say whether the cars are a direct response to BCAA-owned Evo, which only operates in the Lower Mainland. Both companies use similar promotional language targeting people who want to get out of town, carry larger loads or travel with more friends or family.

Chris Iuvancigh, car2go's general manager in Vancouver, said the company's members are growing up, so the cars need to evolve to meet their needs.

"We've naturally followed our members through their car-sharing life cycle, and since we launched, we've consistently heard that sometimes they just need a little more space," he said in an emailed statement.

Car2go let Metro test drive the new vehicle over the weekend. Some features take a bit of getting used to — you press a button to park instead of shifting and the display is so high-tech, hopefully no one fiddles with it while driving.

But it's a smooth drive on the highway, spacious and, unlike its littler sibling, feels nothing like driving a go-kart.

It's hard to imagine there won't be an insatiable demand for the fancier vehicles, especially at the same price point.

It's not clear how long the pilot project will last or if the company will continue charging the same rates for the cars, considering a Smart Fortwo's retail price starts around $15,000 and a Mercedes B-class starts around $31,000.

But judging by the double-takes Metro got while driving a Mercedes dressed up like a car2go, members will enjoy the vehicles while they're here.

BUSINESS

Mayor pushes climate pledge

Mayor Gregor Robertson is challenging local businesses to sign a pledge to combat climate change.

The mayor announced the Vancouver Climate Pledge on Sunday after he travelled to New York for Climate Week NYC. The initiative is the first of many to drum up support for stronger action on climate change before the mayor heads to Paris for the United Nations COP21 Climate Summit in December.

"The Climate Pledge is another important way of demonstrating that business leaders are behind stronger climate action," Robertson said in a statement.

Aside from supporting international commitments to carbon reduction, the pledge calls on companies to support Vancouver's intention to shift to 100 per cent renewable energy and to disclose whether they have internal carbon-reduction and renewable-energy targets.

Businesses aren't actually required to be environmentally friendly to sign the pledge — all it requires is clicking through a form. But companies that report having carbon-reduction initiatives will be featured on numerous websites.

Telus, MEC, Hootsuite, Vancity Credit Union, Lush, Solegear Bioplastic Technologies, Hydra Energy, Brinkman Climate, East Side Games and the Vancouver Aquarium have already signed.

EMILY JACKSON/METRO

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TRANSLINK

PICKTON VICTIMS

Brother shocked by missing tributes

A brother of one of the women murdered by Robert Pickton says he's shocked and upset after the City of Vancouver removed plaques honouring three of the killer's victims.

Bronze plaques bearing the names of Georgina Papin, Brenda Wolfe and Marnie Frey were installed in a sidewalk in the city's Downtown Eastside in 2012.

George Papin travels to Vancouver once or twice a month to lay tobacco and say a prayer at his sister's plaque. But about two weeks ago, he discovered it was gone.

"I treasured the memorial as it was a part of me, just like my sister," he said. "And now they take this away."

The memorials were part of an unfinished project called "The Living Stones," which was originally set to lay 62 plaques at the last known locations of missing and murdered women.

The city took over the project in 2013 after the non-profit group that launched it dissolved. Just four plaques had been laid.

A city spokesman said Saturday that staff had been working to "resolve issues" around the project. He said its founders originally indicated it had been endorsed by all the families and the Downtown Eastside community.

"Unfortunately, we later discovered that there was not consensus from the community or from the women's families regarding this project," Jason Watson said in a statement.

THE CANADIAN PRESS

> **I treasured the memorial as it was a part of me, just like my sister.**
> George Papin, brother of victim

Three bronze plaques bearing the names of Robert Pickton's victims were recently removed from a Vancouver sidewalk. THE CANADIAN PRESS/HO/SEAN FALUDI

Jamal Abdourahman, founder and producer of the event, sits in the Dr. Sun Yat-Sen Classical Chinese Garden at the Chinese Cultural Centre of Greater Vancouver. JENNIFER GAUTHIER/METRO

Hitting the runway

DESIGN

Vancouver Fashion Week is back, bigger than ever

Thandi Fletcher
Metro | Vancouver

As Vancouver Fashion Week gets underway this week, fashionistas across the city will be trying to outdo each other on the red carpet.

More than 115 designers are slated to showcase their 2016 spring and summer collections at the seven-day fashion extravaganza following a glitzy opening gala Monday evening.

Jamal Abdourahman, the event's founder and producer, said this season's weeklong event, taking place at Chinatown's Chinese Cultural Centre, is the largest to date in VFW history.

"It's a very, very exciting season," he told Metro. "We have award-winning designers coming from all over the world. They've worked so hard and this is the moment they're unveiling their collections."

This week's VFW takes place at the Chinese Cultural Centre at 50 E. Pender St. Abdourahman said organizers decided to hold the event indoors instead of at its previous location under a white tent in Queen Elizabeth Plaza after heavy rain at the previous VFW saw water leak onto the runway and soak carpets throughout the venue.

"Mother Nature was challenging to deal with," he said. "Even though the tent was beautiful and the location was great, we had rain coming from up and down."

> **Seeing (local designers) grow and come back, that's the most uplifting.**
> Jamal Abdourahman, founder of VFW

Designers to look out for this week include Dubai-based Canella Hostal, whose couture collection is made up of versatile pieces painted in vivid hues of blue, orange and pink, as well as Elena Bobysheva, a contemporary womenswear label made up of sustainable textiles that draw from geometric, structural design with a focus on perfectly-executed tailoring and attention to detail.

Also on the schedule is 15-year-old Tieler James, winner of Project Runway: Threads, who has been designing clothes since he was seven and describes himself as self-taught.

Seeing many local designers achieve success yet still return to VFW every season, Abdourahman said he feels proud to help offer them exposure on the international fashion stage.

"Seeing them grow and come back, that's the most uplifting," he said.

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READY TO ENGAGE

Metro's coast to coast daily election series connects young, urban Canadians to the issues they care about

'I trust none of them' — except Green party leader

ROSEMARY WESTWOOD
in Edmonton

It's all about one federal leader for Anna Rushdy.

"I feel like I'm pretty good at reading whether someone's being honest. I trust none of them, with the exception of Elizabeth May."

To the 27-year-old Edmontonian, every other federal party leader is a slave to partisan politics. And May is the antidote.

So, on Oct. 19, Rushdy will vote Green.

"Partisan politics actually does nothing, especially for me — and when I say for me, I mean poor people.

"We already know Harper doesn't care about poor people, but I'd be hard-pressed to believe that the other two do."

The Liberals' Justin Trudeau, in particular, earned Rushdy's ire through his glad-handing presence at Pride events in the city, politicking at a time when Rushdy says the LGBTQ community, and its oppression, should be in the spotlight.

They (Rushdy is gender-non-conforming and rejects he/she pronouns) sit in the basement café of an old brick building in Edmonton, the site of a former job, before they landed a slightly better low-paying job at a bakery.

After graduating in 2011 with a degree in education with a specialization in special-needs care, Rushdy hasn't been able to find related work. Deferring student loans has helped, but it doesn't make them disappear.

Rushdy's been to the polls twice before: Once to vote Green, and once to spoil the ballot — drawing happy faces beside each candidate. It was only after hearing Elizabeth May promise to make post-secondary education free and forgive student debt above $10,000, that Rushdy decided to pick a candidate this time.

"Those are things that actually affect my quality of life. It's very anti-classist, and I love that."

Planning to vote Green in a riding pollsters are predicting is a tight NDP/Liberal race doesn't worry Rushdy.

"If you're constantly telling people, 'If you vote a certain way, you're throwing way your vote' — no one will ever vote that way."

That kind of language only underlines the status quo, Rushdy said.

"If we truly believe in democracy and that's how we have our voices heard, we need to vote for who we think is best, and not because all your friends are voting NDP, and it's hip and fashionable."

Rushdy believes change is possible: "We never thought we would see a non-Conservative Alberta."

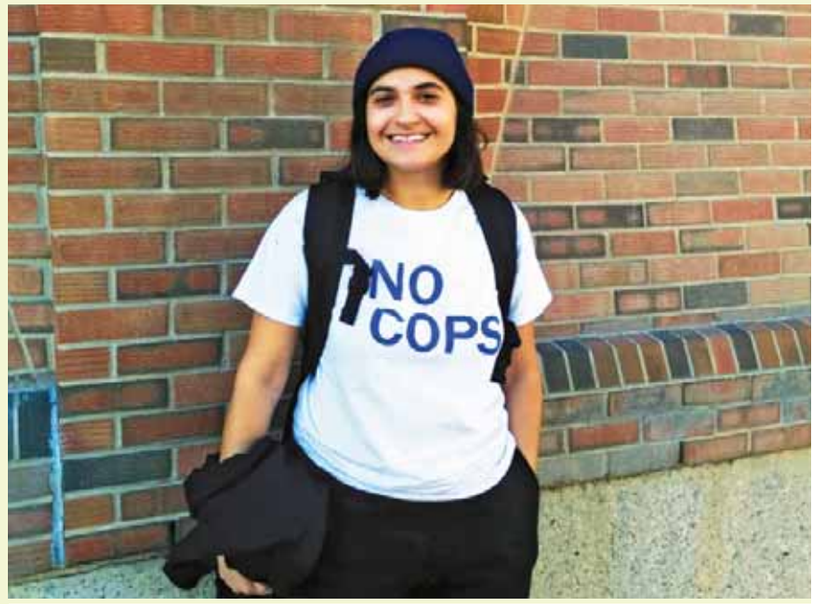
As the election approaches, Rushdy senses a chance to shift political discourse.

"I think my needs are most met not even just by what the party platform is, but by anti-partisan politics.

"Because what it is, is a discussion between people not against people."

Plus: "I'm looking forward to a Harper-free Canada."

Rosemary Westwood is travelling across the country talking to young voters.



VOTER PROFILE

Name: Anna Rushdy **Age:** 27 **Riding:** Edmonton Centre
Their issues: LGBTQ rights, poverty, post-secondary education funding

On engagement, feds just can't fight city hall

MUNICIPAL VS. FEDERAL

Partisanship among national parties seen as a turnoff

Ryan Tumilty
Metro | Edmonton

Chris Henderson has run three highly successful municipal campaigns. His most recent gave Edmonton's 36-year-old mayor, Don Iveson, a resounding win in 2013.

Henderson, 33, took leave from his full-time job in marketing to work 20-hour days for months to help Iveson get elected, but he's decidedly less interested in the federal election. "I would let my children watch violent television before I would let them watch a leaders' debate," he said.

Henderson said the partisanship and acrimonious debates in federal politics are turning young people off and keeping them out of the process.

He said that Iveson's campaign was able to attract hundreds of young volunteers in large part because no one cared what someone had done before or what party they belonged to.

"It was just whoever was interested in working," he said. "There was no ideological behaviour involved."

On top of that, he said, federal politicians are missing the basics people care about — issues like good roads, affordable housing and reliable transit. "Municipal services are the things that actually matter to people."

Calgary Mayor Naheed Nenshi agrees there is far too much "mindless partisanship" in federal politics and he believes Canadians feel the same way. "I don't identify with the left or the right or the Conservative or the Liberal and I think very few Canadians actually do," he said. "They identify with pragmatic things that will make their community better."

Nenshi said party politics forces leaders to focus on matters essential to their base, but meaningless to most Canadians. "The current debate around the niqab at citizenship ceremonies is a really good example of that," he said. "It matters to no one."

Iveson said the young people he talks to are engaged, but in local issues, like housing and transit, or global ones like climate change and the refugee crisis. "Federal politics in particular is pretty abstract when you're dealing with your post-secondary issues, or your transportation issues or your housing issues," he said.

Iveson said there are battleground ridings that could swing if federal politicians were talking about how to make buying a house or getting to work easier.

"Federal leaders who can speak with authenticity on those issues will find themselves all of a sudden relevant to that potentially deciding vote."

Chris Henderson sits in the campaign office during Mayor Don Iveson's 2013 run. Despite his willingness to get heavily involved in municipal politics, Henderson said federal politics don't interest him or other young people. METRO FILE

> **I would let my children watch violent television before I would let them watch a leaders' debate.**
> Chris Henderson

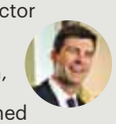
THE MAYORS

Young superstars

Much of the energy and enthusiasm from politically active young Canadians is being directed not at the House of Commons but at city halls, particularly in the West.

Gilbert Ngabo
Metro | Toronto

Naheed Nenshi: He was only 38 when he won the Calgary mayoral race in 2010, and the first Muslim mayor of a large North American city. A Harvard graduate, nonprofit management professor and business adviser, his popularity has grown over the years in office.



Don Iveson: He's serving his first term as mayor of Edmonton, a job he assumed in 2013 when he was only 34. His strong asset is community organizing. From his experience running the university newspaper to serving as president of Canadian University Press and advocacy director of the University of Alberta Student Union, he's always seemed destined for politics.

Gregor Robertson: He was 44 when, in 2008, he won the race to become mayor of Vancouver. Now serving his third term, Robertson was an active member of the NDP of British Columbia until he resigned to run for mayor.

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2012 TOYOTA RAV4 BASE

AWD, bucket seats, AUX audio input, power outlet, CD player, heated and power mirrors, traction and cruise control, engine immobilizer, MP3 player, Bluetooth, A/C, integrated turn signal mirrors, rear bench seat.

SALE PRICE
$75 WEEKLY $22,685

2011 LAND ROVER RANGE ROVER SPORT LUX

Power driver and passenger seat, Bluetooth, privacy glass, seat memory, performance tires, multi-zone A/C, heated and power mirrors, AUX audio input, auto-dimming rear-view mirror.

SALE PRICE
$151 WEEKLY $45,888

2010 NISSAN ROGUE SL AWD

Heated mirrors, bucket seats, AUX audio input, engine immobilizer, traction control, CD player, A/C, AWD, all-season tires, pass-through rear seat, rear bench seat, split folding rear seats.

SALE PRICE
$55 WEEKLY $16,850

2011 LAND ROVER LR4 HSE

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$135 WEEKLY $40,675

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SALE PRICE
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2014 KIA OPTIMA SX TURBO

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SALE PRICE
$91 WEEKLY* $27,888

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$112 WEEKLY $33,800

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Leaders talk national issues

ELECTION 2015

NDP, Tories keep focus on security, economy

All three main federal parties concentrated on homegrown, hot-button issues and largely kept their foreign policy powder dry ahead of the next leader's debate.

New Democrats put themselves squarely in the spotlight with Tom Mulcair outlining, in broad strokes, the party's plan to address climate change. But in a half-hour-long question-and-answer session with party members and the media, he forcefully reiterated his case to repeal two signature pieces of the Harper government's security and anti-terror agenda.

Not to be outdone, the Conservatives rolled out two cabinet ministers to take shots at the Liberals over Justin Trudeau's suggestion his party would scrap some aspects of the mandatory minimum sentencing law, another marquee piece of legislation for a government that paints itself as tough on crime.

Tony Clement and Julian Fantino, speaking in Vaughan, Ont., also went after Trudeau for interview comments earlier in the weekend where he was quoted as saying deficits are a way of measuring economic growth and success of a government.

Both ministers, additionally, piled on the $146 billion costing of the Liberal platform, released Saturday in Ottawa, saying it would "destabilize" the economy.

Trudeau and Conservative Leader Stephen Harper were both off the campaign trail in anticipation of Monday's foreign policy debate.

Mulcair, in Toronto to talk climate change, gave a taste of how acrimonious the exchange could get by accusing the Conservatives of holding back until the middle of the election campaign on the plan to strip the citizenship of the convicted Toronto 18 terror ringleader.

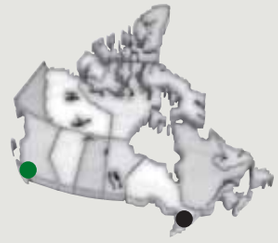
Almost lost in the shuffle was the NDP's plan to address climate change, one that would allow provinces to opt out if their efforts to minimize carbon emissions are as good or better than those of the federal government.

The money raised by the federal government through putting a price on carbon would go to the provinces for reinvestment in additional measures to reduce greenhouse gas emissions, he said.

THE CANADIAN PRESS

NDP Leader Tom Mulcair addresses supporters during a campaign stop in Toronto.
ANDREW VAUGHAN/THE CANADIAN PRESS

WHERE THE LEADERS ARE MONDAY



- **Stephen Harper**, **Justin Trudeau** and **Tom Mulcair** will be in Toronto for the Munk debate on foreign policy taking place at 7 p.m. EST.
- **Elizabeth May** will be in Vancouver.

HERITAGE

Quebec to fix 11 racist site names

Eleven Quebec sites whose names contain words with pejorative or racist connotations will be renamed, a provincial commission announced Friday.

In a news release, the commission announced it had "de-officialized" the place names, all of which contain the word "n----" or the French word "negre."

"Some of these place names, over time, testify to historical events," the statement read. "However, even if the words 'n-----' and 'negro' are of ancient usage, they can violate the dignity of the members of the black community."

Rachel Zellars, a McGill University PhD candidate who studies the history of slavery and of black Canadians, started a petition in early August after hearing a media report that included the statement that no official complaints had been lodged against the names.

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A 'moral outrage'

DEVELOPMENT

Obama pledges U.S. support to anti-poverty strategy at UN

President Barack Obama on Sunday committed the U.S. to a new blueprint to eliminate poverty and hunger around the world, telling a global summit that a sweeping new development agenda is "not charity but instead is one of the smartest investments we can make in our own future."

It was the first of two addresses Obama is making at the United Nations. His second, to the annual UN General Assembly of world leaders, will be a broader examination of world issues, especially the escalating conflict in Syria and the related refugee crisis.

As Secretary of State John Kerry said after a meeting Sunday, "It would be a complete understatement to say that we meet at a challenging time."

Obama offered a powerful defence of a 15-year development agenda that will require trillions of dollars of effort from countries, companies and civil society.

He told delegates that 800 million men, women and children scrape by on less than $1.25 a day and billions of people are at risk of dying from preventable diseases.

He called it a "moral outrage" that many children are just one mosquito bite away from death.

Obama said the goals are ambitious but can be achieved if governments work together.

And, with a possible nod toward his address on Monday, he noted "military interventions might have been avoided over the years" if countries had spent more time, money and effort caring for their own people.

"Development is threatened by war," Obama said, and war often arises from bad governance. Addressing the world's greatest refugee crisis since the Second World War, he said countries "that can, must do more to accommodate refugees" but added those efforts "must be matched by hard work of diplomacy."

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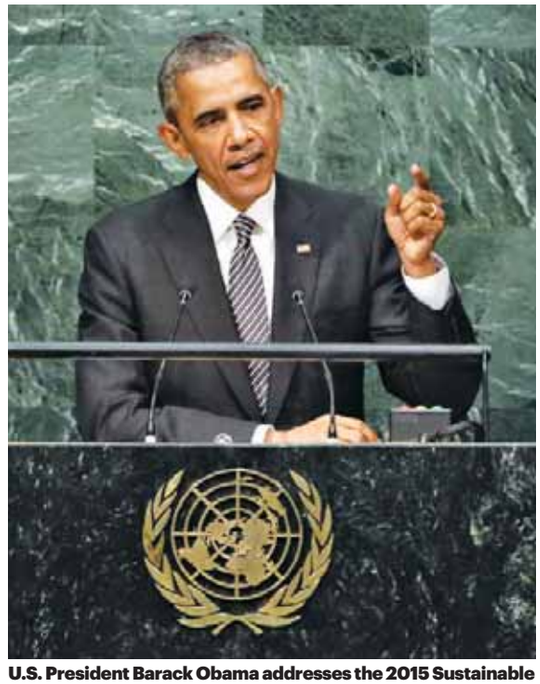

U.S. President Barack Obama addresses the 2015 Sustainable Development Summit at the United Nations headquarters in New York City on Sunday. RICHARD DREW/THE ASSOCIATED PRESS

PAPAL VISIT

Pontiff takes part in massive Mass

Pope Francis joined hundreds of thousands of the faithful Sunday for the last and biggest event of his joyful, six-day U.S. visit — a Mass on Philadelphia's grandest boulevard — after meeting with victims of the church sex-abuse scandal and offering words of hope to jail inmates.

Riding through the streets in his open-sided Popemobile, the pontiff waved to cheering, screaming, singing, flag-waving crowds as he made his way up the Benjamin Franklin Parkway and reached the altar at the foot of the broad steps of the Philadelphia Museum of Art. It was the final stop on his itinerary before he was to return to Rome.

Organizers predicted a crowd of one million, though there were fears unprecedented security — including airport-style bag searches, crowd-control cattle chutes and blocked streets — had scared many people away.

Prior to the Mass, Francis met with victims of child sexual abuse and told them he is "deeply sorry" for the times they told their story and weren't believed. He assured them he believes them and bishops will be held to account for what they did.

> **"We will follow the path of truth wherever it may lead.**
>
> Pope Francis

"I pledge to you that we will follow the path of truth wherever it may lead," Francis said in Spanish.

Then, he went into a meeting with American bishops in town for a Catholic festival on the family and told them the same thing face-to-face.

"God weeps" over what was done to the youngsters, he said.

Also Sunday, Francis visited a Philadelphia jail to give hope of redemption to about 100 inmates.

"May you make possible new opportunities, new journeys, new paths," he said, standing before a wooden chair the men had made for him for the occasion.

The blue-uniformed inmates, some of them heavily tattooed, seemed moved. They clasped Francis' hands, and two gave him a hug. THE ASSOCIATED PRESS

EUROPE

Concessions made for refugees

Co-operation replaced confrontation this past weekend among European nations as thousands of asylum-seekers streamed into Croatia in hopes of creating a new future in Western Europe.

Despite steps that should eventually ease the chaos, the sheer number of people flooding into Croatia strained the resources of one of the European Union's poorest nations.

At least 10,000 arrived on Friday alone, and Croatian authorities struggled to keep up with the influx of those fleeing war and poverty in the Middle East, Africa and Asia.

Still, a new co-operative mode began emerging among the nations in southeast Europe. Hungary announced it had removed spools of razor wire from a section of its border with Slovenia, a barrier that breached EU rules about unrestricted travel within much of its territory. The gesture followed the reopening of the main border point between Croatia and Serbia.

65K

The number of migrants that have entered Croatia since Sept. 15. THE ASSOCIATED PRESS

The concessions, coming two days after an EU summit on the migrant crisis, suggested the bloc had become alarmed at the lack of co-operation among its members and the increasingly ugly tone of their exchanges.

THE ASSOCIATED PRESS

MIDDLE EAST

Countries to pool intelligence

Iraq's military said Sunday it will begin sharing "security and intelligence" information with Syria, Russia and Iran to help combat the Islamic State of Iraq and the Levant (ISIL), a move that could further complicate U.S. efforts to battle the extremists without working with Damascus and its allies.

Iraq has long had close ties with neighbouring Iran, and the nations have been working together to combat ISIL, which controls about a third of Iraq and Syria in a self-declared caliphate.

A U.S.-led coalition has also been conducting airstrikes against ISIL in Iraq and Syria while training and advising Iraqi forces, but U.S. officials insist the efforts have not been co-ordinated with Iran.

The U.S. also refuses to co-operate with Syrian President Bashar Assad, who Washington has insisted should step down. Russia and Iran have provided crucial support to Assad since Syria's uprising began in 2011.

The Baghdad-based spokesman for the U.S.-led campaign against the ISIL group, Col. Steve Warren, said the U.S. remains committed to working with Iraq to defeat the extremists.

"We recognize that Iraq has an interest in sharing information on ISIL with other governments in the region who are also fighting ISIL," Warren said. "We do not support the presence of Syrian government officials who are part of a regime that has brutalized its own citizens."

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BlackBerry tries Android

TECHNOLOGY

New phone to address issue of lack of apps, CEO says

With its hardware sales still flagging BlackBerry's chief executive John Chen says he's found a different way to sell his devices. For the first time in BlackBerry's history, the company is going to sell a smartphone that runs on somebody else's programming rather than its own in-house creation.

The BlackBerry Priv. COURTESY @EVLEAKS

BlackBerry will release the Priv phone later this year, which uses Google's Android operating system. The switch was a controversial decision at BlackBerry, Chen told reporters Friday at the company's Waterloo, Ont. headquarters, but it addresses one of the biggest marketing problems BlackBerry faced: Its phones are missing some of the most popular apps and games used by most customers and even businesses.

"I am now going to eliminate apps as an excuse not to buy our phone," Chen said. "We'll see how it goes."

BlackBerry's lack of apps has been a thorn in its side. Handfuls of popular apps, from dating service Tinder to Candy Crush, were unavailable for years. Chen tried to eliminate that problem last fall in a partnership with the Amazon Appstore, which offers thousands of apps built for the Android operating system.

His hope was that Amazon's store would see its app selection multiply quickly after the launch of the Amazon Fire phone last year. But when sales of Amazon's first device failed to ignite, it left Chen in a partnership that wasn't quite as ideal as he'd hoped — many apps, like Netflix and Snapchat, were still missing from the mix — and BlackBerry sales suggested that customers weren't swayed by the proposition.

BlackBerry hopes the Priv will give it another swing at making a smartphone that competes with the best.

THE CANADIAN PRESS

BlackBerry chief executive John Chen says switch from its in-house operating system means to eliminate one of the company's biggest marketing problems. THE CANADIAN PRESS FILE

IN BRIEF

Millennials digging into news, study finds

Four out of every 10 young adults actively seek out the news, reveals an analysis of their media habits by the Media Insight Project, breaking the stereotype image about the millennial generation being uninformed. Even the out-of-it others say they stumble on news while they're catching up with friends on Facebook, scanning their Twitter feeds or looking for entertainment online. Older millennials, ages 25 to 34, say they make staying informed a priority.

THE ASSOCIATED PRESS

Ottawa posts surplus of $150 million for July

The federal government posted a $150-million surplus for July compared with a $1.23-billion deficit for the same month last year. The Finance Department says the surplus came as government revenue increased by $2.12 billion in July, while expenses grew at a slower pace.

THE CANADIAN PRESS

metro VIEWS

Apocalypse already? Norway's "doomsday vault" — which stores seeds in case of global agricultural disaster — has been cracked open to retrieve species lost in Syria's civil war.

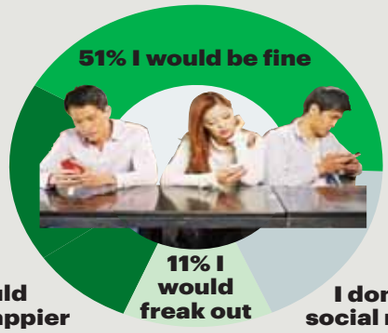
Metro MONDAY POLL

Are you addicted to social media?

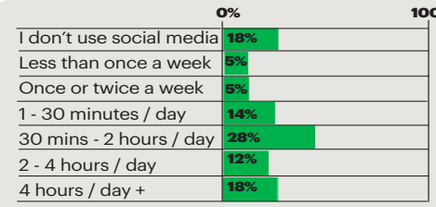
Visit metronews.ca **every Friday to have your say.**

On Thursday, all 1.49 billion Facebook users lost service for a few minutes. Mass panic quickly followed. Some people wondered aloud (and on other social-media sites) if they even remembered how to talk to people by any other means. Here at Metro, we wondered if — in our social-media-saturated world — we could ever go back to the way things were. We asked our readers if they're hooked on the social web and what they would miss if their favourite sites and apps went down for good.

1 What would happen if all your favourite social-media platforms went dark? (Facebook, Twitter, Tumblr, Instagram, Vine, Snapchat, etc.)



2 How much time do you spend social media?


0%
100%
I don't use social media 18%
Less than once a week 5%
Once or twice a week 5%
1 - 30 minutes / day 14%
30 mins - 2 hours / day 28%
2 - 4 hours / day 12%
4 hours / day + 18%

3 What do you use social media for?

21% Keeping in touch
18% Following the news
16% Wasting time
9% Seeing what people are up to
8% Playing games
7% Planning my social life
6% Interacting with people I see all the time
5% Expressing opinions
2% Activism
8% Other/I don't use social media

Interacting with customers for business

Chatting with people from all over the world

Watching the world go by. I'm disabled. It's the only way people will interact with me.

METRO READERS

City governments are always ahead of the feds

CITY HOLLER

Trish Kelly

On several occasions during this federal race to see which dude will get to be prime minister next, I've had moments of déjà vu. As the guys yammer on about the economy, tax plans and which refugees we should exclude from our country, I wonder, is this a new election, or am I watching a rerun?

I'd like to think political strategists design election platforms carefully, with input from many very smart people thinking hard about where we are as a country and where we need to go as a society. But watching this election, it feels to me like campaign platforms get hauled out of storage like a box of Christmas decorations.

The absence of a party system in most municipalities might allow for wilder thinking.

Are politicians really still talking about income tax freezes and deficits? Are we still staring at a screen of white faces vying for our attention, with only one woman sometimes included? From the campaign trail speeches you'd think nothing had changed in Canada for decades.

We do have progressive government, but it's not federal. It's our city governments that take bold steps and address emerging issues. Municipal governments here in B.C. just wrapped their annual convention of the Union of BC Municipalities here in Vancouver. For five days, more than 2,000 delegates from across the province gathered at the Vancouver Convention Centre. They considered 166 resolutions that included calls to change election campaign fundraising rules, create access to free birth control, and a proposal for an intergovernmental task force to address rape culture in Canada. All three resolutions passed.

I find it exciting to look at the breakdown of where such resolutions are coming from. Given Vancouver's size and keen interest in the world stage, it's impressive to see the number of other municipalities who may be remote, but still brought forward leading edge issues no federal politician would touch.

The resolution to face rape culture came from two city councillors out of the Cariboo. Both bravely outed themselves as survivors of sexual assault when presenting the resolution.

The resolution asking the province to consider publicly funded birth control came from the small town of Invermere.

So why are municipal governments such a hotbed of thought leadership? The absence of a party system in most municipalities might allow for wilder thinking. Or it might be that local politicians, who generally live where they serve, may feel more beholden to their voters than MPs who live out of suitcases as they shuttle to Ottawa regularly.

It's too bad that municipal governments don't have the tax revenue to enable their best thinking. Without it, they are resigned to collectively pleading with senior government to do the right thing, from the back seat.

Trish Kelly lives and writes in East Vancouver. Follow her @trishkellyc

metroview

Forgive me, Francis, but I was hoping for better from you

Michael Coren
For Metro

He came, he spoke, he went. Pope Francis visited the United States for the first time, delivered a speech to congress and the United Nations and met with the country's Catholic and non-Catholics leaders alike. The man has a human touch, a generosity of spirit and a progressive persona that gives hope and differentiates him from his predecessor. But in all honesty, the visit will change very little.

I realize this is not what the public wants to hear, but passing emotionalism is simply not enough. The same occurred when Pope John Paul visited Canada for World Youth Day in 2002 — massive enthusiasm for a few days and then a severe case of back-to-business-as-usual.

In his speeches, Francis spoke lyrically of the Golden Rule, of love, humanity and our communal existence. He also touched briefly and implicitly on his condemnation of abortion and same-sex marriage but was far more precise in dealing with climate change, immigration and the need for peace and gave specific attention to the plight of the poor. It was compelling stuff.

But the reality of the situation is that the modern Catholic Church is polarized and top-heavy. The leadership rejects contraception, gay rights, abortion and female ordination, even while the vast majority of western Catholics disagree. Indeed, these papal positions are considered so morally anachronistic today in North America and Europe that it prevents Catholicism from preaching the gospel or being taken seriously. Young people in particular reject any institution or ideology that in their eyes rejects gender and sexual equality.

Then there was what Francis did not say. While he referred to the sexual-abuse crisis in the United States and met with some of its victims, he didn't admit to its systemic nature and ignored the fact that the church had denied and obfuscated until the media made acknowledgement unavoidable.

Francis is the Pope of paradox. While he is certainly concerned for the marginalized, his church refuses to sanction condom use even in countries with staggeringly high levels of HIV/AIDS. He cares for the disabled but leads an institution that fights embryonic stem-cell research that could lead to countless medical cures. He embraces the poor, but the wealth of the Vatican is beyond counting.

Nobody would deny that the Roman Catholic message is now being delivered in far more empathetic tones than in the past, but it is substance rather than delivery that matters. Forgive me, Father, but I am still waiting.

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BUYS OF THE WEEK

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2002	Kia Spectra	$1,995	#6054	2013	Hyundai Sonata	$13,777	#5758
2006	Ford Taurus	$2,888	#6466	2012	Mitsubishi Spyder Convertible	$14,995	#0655
2006	Ford Crown Victoria	$2,995	#5600	2015	Kia Sorento AWD	$22,888	#6564
2004	Ford Expedition	$3,888	#6280	2015	Buick Lacrosse	$26,995	#6559
2007	Chrysler 300 Limited	$6,888	#6529	2015	Hyundai Genesis	$33,995	#6556
2008	Hyundai Sonata GLS	$6,995	#5969	2012	BMW X6	$38,888	#6352
2009	Chevrolet Impala LT	$6,995	#6201				

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Heidi Klum's boyfriend buys her a $22,000 giant plastic snail at Milan charity auction

Kids' books tackle tough topics

BOOKS

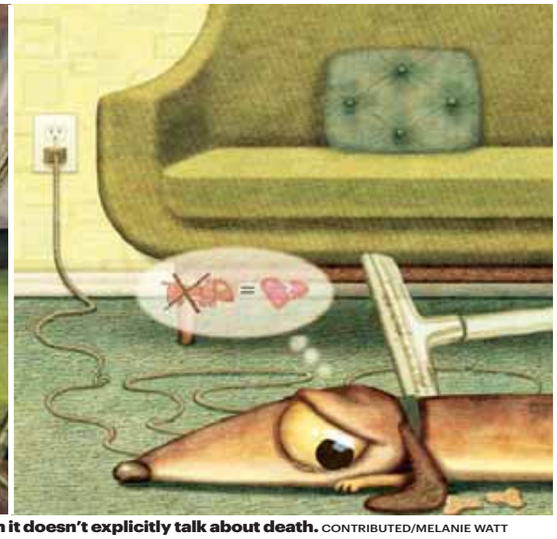
Stories help parents with talks about sex and death

Megan Haynes
For Metro Canada

How young is too young to learn about sex? Disease? Death?

"As parents, we want our kids to learn everything," says Cory Silverberg, author and sex educator. "We get so excited when they learn a new word, how to walk. But even in the most open of households, sex is a topic that gets treated a bit differently. It's the same for death, violence and war. And that's confusing to kids."

Books, he says, can help parents have those difficult conversations.



Bug in a Vacuum examines the five stages of grief, even though it doesn't explicitly talk about death. CONTRIBUTED/MELANIE WATT

Sex is a Funny Word

Silverberg started writing Sex is a Funny Word (Seven Stories, $23.95, out now) more than two years ago — well ahead of the deluge of news around the current Ontario curriculum, issues of consent, and transgender rights. And with all these topics in the news, the timing of its release couldn't be better.

Sex is a Funny Word is a trans-positive and feminist-leaning sex education guide for kids eight to 10 that tackles consent, gender and masturbation (and more). It was written and illustrated to be as inclusive as possible, he says. Phrases like "could feel" and "is an example of" are meant to help kids realize that just because they don't feel a certain way, have a certain body part or do a certain thing, it doesn't mean something is wrong with them.

"When you say 'having your mom brush your hair is an example of feeling good in your body,' well what happens if that person doesn't have a mom?" he says. "That's a little moment that kid (thinks) 'Oh, this book doesn't reflect me.'"

And while inclusivity is a primary goal of the book, the main purpose is to define words kids might hear but not understand and facilitate discussion, he says.

"'Sexy' is a great example," he says "I say 'some people think sexy is this' (in one chapter) and that gives parents an opportunity to say 'In our family, sexy is something else.'"

Bug in a Vacuum

Opening a discussion was a key goal for Mélanie Watt's Bug in a Vacuum, (Tundra Books, $24.99, out now), which follows a fly sucked into a vacuum as it (and its wiener-dog friend on the outside) go through the five stages of grief, she says.

The book, for kids five to nine, isn't explicitly about death, but there are overtones towards the topic (the bug deals with the realization that it might never escape the vacuum, while the dog deals with the loss of its friend).

"The two characters both struggle with a problem. They react in similar ways, but for totally different reasons," she says. "I think that's a nice metaphor to life: Everyone can go through a difficult moment, and it's OK, because you're not alone."

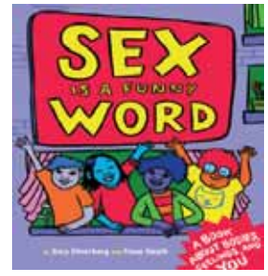
Today is the Day

Of course, being alone is a relative concept. Eric Walters' Today is the Day, (Tundra Books, $19.99, out Oct. 13, 2015) helps kids tackle what happens to youth in nations with high mortality rates. Set in Kenya, the story, for kids five to nine, follows a young girl celebrating her birthday alongside the rest of the orphanage. All the kids celebrate on the same day, as most don't have records of when they were born. The epilogue explains many children in the region grow up without parents due to HIV/AIDS, but they too have value and are deserving of birthdays.

"Books are a tool that can help make very difficult conversations a little easier," adds Silverberg. It isn't that kids don't understand these big concepts like war, death, disease, sex, or gender issues, he says.

"Often these conversations don't go well because of a lack of language.

"Kids are smart — they understand the world around them — they just want the right words."



"Books are a tool that can help make very difficult conversations a little easier.
Author and sex educator Cory Silverberg

WORK

Not everyone is striving for a perfect work-life balance

Eleni Deacon
For Metro Canada

Schedule breaks. Prioritize. Turn off your phone after 6 p.m. Exercise during your lunch hour. Make sure you actually take your lunch hour. Make sure you actually eat during your lunch hour. Meditate for six minutes every morning before sunrise. Know when to stop.

Work-life balance is the white whale of the white-collar world. Employees want it — but it's often too slippery to pin down.

Which is why Amazon became the target of criticism last month when The New York Times published a fascinating — and highly disparaging — investigation into their take-no-prisoners corporate culture.

Former staffers described the organization's combative atmosphere and punishing workloads, as well as the many personal sacrifices necessary to uphold the company's aggressive demands.

Compared to other tech giants like Netflix and Google — which famously offer perks like unlimited vacation and time to work on your own projects — Amazon comes off as stingy and cold.

Despite disturbing anecdotes about Amazon's institutionalized backstabbing and failure to support ailing employees during serious life crises, some of the article's sources found the company's breakneck pace exhilarating.

When discussing work-life balance, there's a prefab idea of what it means: work hard 9 to 5, chill hard when you're not at work.

So while the Amazon exposé illuminates the company's failure to uphold this vision, the happy employees suggest a different model altogether.

Their inner scales are not calibrated according to an even distribution of life and work. For them, intensity brings harmony.

Amazon puts exceptional pressure on its staff — but it's by no means the only company expecting around-the-clock availability from its workers.

With after-hours communication now the norm, the Amazon story represents the most extreme end of a widespread trend.

The work-life-balance ideal sounds nice.

However, with so many employees falling short of its promise, it may sometimes be more of an unattainable disappointment than an encouraging goal.

Rather than comparing their current stresses to dreams of unplugged weekends and early-morning yoga, employees might benefit from understanding whether their current workload is an appropriate match for their career ambitions and personal stamina.

Work-life balance is slippery to pin down. ISTOCK

Del Toro goes dark again in Sicario

Q&A

There's talk that role could earn actor an Oscar nod

Sicario, opening Friday, puts actor Benicio Del Toro in the same U.S.-Mexico drug war milieu as Traffic, the 2000 Steven Soderbergh film that won Del Toro the Academy Award for Best Supporting Actor. There's serious talk of another Oscar for him.

His predatory character Alejandro in Sicario, a Mexican operative involved in an FBI and DEA sting on an entrenched and violent drug cartel, is decidedly more threatening than the conflicted cop Del Toro played in Traffic. But he similarly radiates a sense of righteousness out of the gloom, which he was happy to discuss.

You play dark characters so well. Are you happy to do so?
When I first started acting, the characters that turned me on were characters by actors that I looked up to, guys like Robert De Niro and Al Pacino, and later Sean Penn and Mickey Rourke.... There's something about the characters who are conflicted where you can perhaps play different notes or go against it and find stuff that you never thought you would. But I think doing a character that is dark or doing a character that is light is equally as complicated. One thing about this character (Alejandro) was to make sure that less is more.

You aren't from Mexico, but you've often played Mexican characters. You convey understanding and empathy for the country.
I've been to Mexico many times. It's a country that I admire, its history and culture. It's one of my favourite countries to visit. In order to do this film, I talked to DEA friends of mine who are involved or have been involved in this world to get information about that because I don't know much about this problem in Mexico with the violence ... I like to talk to them and ask questions to see what could be believable, what would not be believable, and then from there it gives me a sense. It grounds me.

The drug-cartel violence in Sicario seems all too frighteningly real, threatening to overwhelm legal authorities and society itself. Does it seem this bleak to you in real life?
It's really scary. Ruben Blades, a singer-songwriter and actor from Panama, has talked about the situation, how it's gotten out of hand and how it's no longer a problem just for Mexico. It's a problem for other Latin American countries, the United States, Canada, the world. Mexicans need help from other people. But I believe there's hope.

TORSTAR NEWS SERVICE

MOVIES

Contest
Win an opportunity for you and a friend to attend a pre-screening of Sicario. See the ad on page 21 for more details.

Sicario starring Benicio Del Toro opens Friday. TOMMASO BODDI/GETTY IMAGESS

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LONG-TERM INVESTMENT

Compound interest is not chump change

Gail Vaz-Oxlade
For Metro Canada

When I was writing Money Rules, my beautiful — if somewhat bossy — editor at HarperCollins told me that I had to include an explanation of compounding.

"Again?" I said, horrified.

"Yes," she replied.

"How many different ways do I have to do this?"

"At least once more," she replied matter-of-factly.

I'm not sure what it is about compound interest that makes people's eyes glaze over. But it does. It shouldn't, because it's really quite a simple thing to understand. Compound return is the return you earn on the return you earned. For the sake of this example I'm going to narrow it down even further to 'the interest you earn on the interest you earned.' Do not jump all over me for the interest rate I'm using. I'm trying to make a point. For now, just follow the math.

Let's say you invested $15,000 last year at 5.5 per cent. So you earned $825 in interest. Now you have $15,825.

You decide to keep your money invested for another year. You're still earning 5.5 per cent. However, since you have more money invested — $15,825 instead of your original $15K — you earn more interest. This year instead of $825 in interest, you earn $872 in interest, so now your $15,000 investment is worth $16,724.

Hey, Gail, that's only $47 more… that's no big. Whatcha getting so excited about?

Since you didn't have to lift a finger to earn that $47, I'd say it was a big deal. And you can continue to compound that return to earn even more. Leave it for another year at the same rate of return and your $15,000 will grow to $17,644.

If you can grow your $15K to $17,644 in just three years, imagine what you could do with more time.

Let's say all you can come up with to save this year is $1,000. Some people might say it won't amount to much so why bother. I say, "bother". Put compounding on your side and watch the magic happen. Invest that $1,000 a year at 5 per cent in either a TFSA, RRSP or RESP (so we don't have to do the math on the taxes) here's what happens:

- If you're 40 and have 25 years to save, your $25,000 will turn into $50,113
- If you're 30 and have 35 years to save, your $35,000 will turn into $94,836
- If you're 20 and have 45 years to save, your $45,000 will turn into $167,685

More time means more compounding which means more growth. You can speed up that growth by also looking for ways to earn a higher return on your investments.

Different investments have different returns based on how easily you can get at your money — called your liquidity — and how much risk you're prepared to assume to make more money. Savings accounts are very liquid and very safe. You can get at your money anytime, and your money will be there when you want it. But savings accounts also come with the lowest rates of return.

Stocks are at the other end of the spectrum: you need to be prepared to invest the money for ten years or more, and you have to be able to handle the slips and slides, rises and falls that are part of the market, but you have the opportunity to earn more money on your money. Only you can decide which types of investments suit you. But let's look at how return affects the growth of your savings.

Let's say you can come up with $250 a month to save:

- If you invested at 5 per cent, in 15 years the $45,000 you invested will turn into $68,822.
- If you invested at 7 per cent, that same amount will turn into $79,240.
- And if you invested at 9 per cent, in 15 years that $45,000 will turn into $94,601

Look at how much of a difference even 2 per cent more on your portfolio will mean in return, particularly over the long term. If the first thing that springs to mind is, "Where the hell am I going to get 9 per cent in this day and age?" my answer is, "Probably nowhere, unless you're prepared to accept substantial risk." But now isn't the future, and if you'll be living for the next 25 or 30 years you can rest assured that the economy will change. Interest rates will go up and down. So will returns on the market. What's important to understand is that the harder your money works in terms of return, the more you'll have.

For more money advice, visit Gail's website at gailvazoxlade.com

SELF HELP

How to achieve those big goals

If you feel like nothing in your life is going the way you want it to or planned, it's time to change your mindset. Martina E. Faulkner has made a career of helping people envision the life they want and then making it happen, and now she's bringing her tips to the masses in her book, "What if..?"

Martina E. Faulkner
CONTRIBUTED

- **Figure out what you really want:** "Some of my clients say they want to win the lottery," Faulkner says. "But then I ask them why they want to win the lottery. Is it because they're scared they won't have enough money to pay their bills? Is it because they want to travel?" Faulkner says once you get to the root of what you really want, you can start seeking out ways to make it happen.
- **Focus on making small changes:** If your goal is to become the CEO at work, that's great, but thinking about going from where you are to the very top can be overwhelming, so Faulkner says start small. "Smaller, more manageable changes that we can create through manifesting is a good place to start," she advises.
- **Prioritize the aspect of your life you want to change the most:** While thinking about what you really want, visualizing it happening and taking actionable steps can change your whole life, Faulkner recommends focusing on one area and then letting the effects spill over into other areas of your life. "Prioritize where you really want to spend your energy and focus on that," she says.

EMILY LAURENCE/METRO NYC

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Reduce the spread of germs

STUDY

Web tool offers tips to modify handwashing behaviour

Andrea Janus
For Metro

Studies have found that washing your hands is important to reduce the spread of cold and flu viruses. SHUTTERSTOCK

It won't be long before the weather cools and public health campaigns start reminding us to ward off cold and flu this winter.

Frequent handwashing is typically one of the top tips for preventing both, and a new study suggests that a simple web-based tool could boost the practice and reduce the risk of catching and spreading illness.

Researchers in the United Kingdom found that a free online interactive program, called PRIMIT, which monitors handwashing frequency and offers feedback tips to modify handwashing behaviour, reduced the risk of infection by about 14 per cent.

Of the study's more than 16,000 participants, those who used the program also reported having fewer gastrointestinal illnesses, had to see their doctors less frequently, and did not need as many antibiotic prescriptions compared to those participants who did not use the program.

"Because most of the population catches coughs, colds, sore throats and other respiratory infections, this could have an important impact on reducing the spread of these viruses in the general population," Dr. Paul Little, lead study author from the University of Southampton, said in a statement.

The findings were published in the journal The Lancet.

The study's authors note that handwashing is "widely advocated" by the medical community to prevent the spread of respiratory tract infections. Their findings, they suggest, not only could be "an effective Internet intervention designed to increase handwashing," but also have "an important effect in reduction of infection transmission."

Such a program could be implemented during a pandemic to get a handle on the spread of disease, given widespread access to the Internet.

"The impacts aren't expected to be stopping cold and flus — they are expected to be reducing them, and they do demonstrate that," said Dr. Mike Allan, professor and director of evidence-based medicine at the University of Alberta's department of family medicine. "The effects are not big ... but they're present."

Such a program could easily be integrated into public health prevention strategies, Allan said, with physicians offering it on a television monitor or a computer in the waiting room.

Public can peruse portals

Health and fitness apps generally help people stay on top of their diets and exercise regimens.

Now public health agencies are using apps and web portals to monitor flu activity and make it easier for average citizens to keep track of their own health records.

In 1996, the Public Health Agency of Canada (PHAC) launched FluWatch, its national influenza surveillance system, to collect data on laboratory-confirmed flu cases across Canada. Every Friday, the agency issues a report with the latest data on influenza activity and posts it to a dedicated web portal for the public to peruse.

The information lets health professionals get a sense of the severity of the flu season, but it also has much broader implications — the data is ultimately passed along to the World Health Organization to help it plan formulations for upcoming flu shots.

Public health agencies are using apps to monitor flu activity. SHUTTERSTOCK

Similarly, the U.S. Centers for Disease Control and Prevention track influenza activity and offer the data, as well as vaccination and prevention information, through its seasonal influenza app, available at the App Store or on Google Play.

While PHAC doesn't have a flu-tracking app, it has compiled all flu-related information at canada.ca/flu, and will typically ramp up vaccine awareness campaigns over the agency's Facebook and Twitter feeds.

The agency has developed an app called ImmunizeCA for Canadians to store their immunization records. Users can also get vaccination information and schedules, disease outbreak notifications, and a list of necessary shots before they travel.

ANDREA JANUS/FOR METRO

TIPS

How to avoid getting sick

Whether it's a website, an app or a visit to your GP, the advice for preventing cold and flu will generally be the same:

GET THE FLU SHOT

Each year, the flu shot is reformulated to include the strains expected to circulate during the coming flu season. Sometimes scientists miss the mark, but the shot will still offer some protection against illness, the Public Health Agency of Canada said.

WASH YOUR HANDS

Germs are spread by hand-to-hand contact, or if you leave germs on doorknobs, keyboards or other shared equipment that is then touched by someone else.

Gesundheit! SHUTTERSTOCK

SNEEZE MANAGEMENT

Cough and sneeze into your arm, not onto your hand. If you use a tissue, make sure it ends up in the garbage and wash your hands soon afterward.

STAY HOME

You and your co-workers deserve a sick day. Don't bring your germs to work and risk infecting everyone around you. ANDREA JANUS/FOR METRO

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metro SPORTS

Your essential daily news

The Raptors have signed 2013 No. 1 pick Anthony Bennett after the Toronto native cleared waivers

A fitting home finale

MLB

Donaldson comes through again for playoff-bound Blue Jays

The Blue Jays' celebrations continued on the field Sunday as Josh Donaldson's walk-off solo homer served up a wild ending to Toronto's regular-season home finale before another Rogers Centre sellout.

The ninth-inning blast to left field gave Toronto a 5-4 comeback win over the Tampa Bay Rays, the latest exclamation point in a year to remember for both Donaldson and the Jays.

"He's got that flair for the dramatic," said Toronto manager John Gibbons, whose team leads the majors with 221 homers. "He really does. He's done that so many times this year.

"Really it was a perfect ending for our home season this year, it really was."

Of Donaldson's 41 home runs this season, 27 have either tied the game or given Toronto the lead. He has three walk-off homers for the year — a franchise record — and has seven over the last three seasons. No other player has more than three.

"Ever since I was young, I've always looked forward to the big moments in the game," said Donaldson. "And I want to be able to come through.

"If it wasn't for my teammates today, I'm not even put in that position," he added graciously. "I think they did a great job of battling the entire time."

Josh Donaldson follows through on his ninth-inning home run against the Tampa Bay Rays on Sunday at Rogers Centre. FRANK GUNN/THE CANADIAN PRESS

SUNDAY in Toronto

BLUE JAYS	RAYS
5	4

Toronto outhit Tampa 10-6 in winning its fourth straight. The Jays close out the season on the road with four games in Baltimore and three in Tampa.

With a wild-card already assured, the goal is to win the American League East and secure home-field advantage. Toronto's magic number is four.

The Yankees defeated the White Sox 6-1 Sunday to remain four games behind the Jays in the AL East.

The Jays are tied with Kansas City for the best record in the AL at 90-65. Amazingly the Jays were 50-51 on July 28 while the Royals were 61-38.

Sunday's dramatic win followed the Jays' short but intense post-game celebrations Saturday to mark ending the club's 22-year playoff drought.

> **"He's got that flair for the dramatic. He really does."**
> Jays manager John Gibbons

"It got a little out of hand for the situation, after we had a talk before the game (Saturday) about just a toast and that was it," acknowledged Toronto starter Mark Buehrle, who stepped away from the festivities.

The champagne and cigars were put away Sunday, but Donaldson still needed a towel before the day was done.

After sending an 0-1 delivery from Steve Geltz (2-6) toward the left-field seats, Donaldson stopped, dropped the bat and then worked his way around the bases in front of a delirious crowd of 47,287.

Mayhem awaited him.

Donaldson was doused by Gatorade as he disappeared into a scrum of teammates upon crossing the plate, to chants of M-V-P. The third baseman was then doused with popcorn and assorted other liquids during his post-game TV interview.

Starter Mark Buehrle, who was 5-1 with a 2.94 ERA over his last 10 home starts, pitched six solid innings for the Jays. He gave up four runs on five hits with five strikeouts and one walk in a 90-pitch outing that featured 60 strikes.

THE CANADIAN PRESS

IN BRIEF

Sounders' draw muddies waters in the West

Dominic Dwyer scored in the 79th minute to give Sporting Kansas City a 1-1 draw with the Seattle Sounders on Sunday, further tightening the top of the MLS Western Conference standings.

The Sounders opened the scoring in the 31st minute when Obafemi Martins shouldered off defender Kevin Ellis to finish a long ball from Gonzalo Pineda for his 14th goal.

Sporting KC's goal came five minutes after Dwyer entered the game. Jacob Peterson fed Amadou Dia on a nice overlap on the left side of the box for a low cross that a sliding Dwyer on the right side redirected past keeper Stefan Frei. It was his 11th goal.

Seattle (14-13-4, 46 points) could have tied Vancouver (48 points) for first with a win but remain in fourth place. Kansas City (12-9-9, 45) remained a point behind in fifth with a game in hand.

THE ASSOCIATED PRESS

Lions looking at three-game losing streak

Mike Reilly engineered a thrilling late comeback and tossed a pair of touchdown passes as the Edmonton Eskimos won their third game in a row, defeating the visiting B.C. Lions 29-23 on Saturday.

It was the third loss in a row for the Lions, who dropped to 4-8.

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Chicago shut out in Seattle

Seahawks tight end Jimmy Graham runs for a touchdown on Sunday in Seattle. THE ASSOCIATED PRESS

NFL

Bears shut out for the first time since 2002

SUNDAY In Seattle

SEAHAWKS	BEARS
26	0

> **We didn't execute real well in the passing game.**
> Bears' coach John Fox

After the Seahawks sleepwalked for a half, Tyler Lockett provided a jolt.

From there Russell Wilson, Jimmy Graham and a defence that was whole again after the return of safety Kam Chancellor took over.

Lockett returned the second-half kickoff 105 yards for a touchdown, Wilson and Graham connected on a 30-yard TD in the third quarter, and the Seahawks routed the undermanned Chicago Bears 26-0 on Sunday.

Seattle led just 6-0 at halftime after an offensive performance that led to a cascade of boos. That changed when Lockett started a huge second half running untouched on a perfectly executed return, the longest in franchise history.

It was Lockett's second touchdown return of the season, taking a punt back 57 yards in the opener.

"We know we have a great weapon in him and we just hope we'll continue to find ways to spring him and be a factor," Seattle coach Pete Carroll said.

Later in the quarter, Wilson found Graham across the middle for his second touchdown catch of the season and Steven Hauschka added four field goals as the Seahawks started the process of erasing an 0-2 start.

Not all went well for Seattle. Starting running back Marshawn Lynch capped a strange day by leaving at halftime with a hamstring injury. Lynch finished with 14 yards on five carries and spent half of the first quarter in the locker room before coming to the Seahawks bench. Lynch was questionable entering the game with a calf injury.

Carroll said Lynch could not get loose before the game, but tried to play. The hamstring was checked and "it's nothing to be alarmed by," Carroll said.

Starting defensive tackle Brandon Mebane also suffered a groin injury in the first quarter and did not return. There was no update on Mebane's prognosis.

Chicago (0-3) was shut out for the first time since 2002 and the fourth time since 1990.

THE ASSOCIATED PRESS

TOUR CHAMPIONSHIP

Record $22M payout for Spieth

At age 22, Jordan Spieth became the first $22-million man in golf Sunday.

Jordan Spieth capped off a dream season when he poured in putts from all over East Lake and closed with a 1-under 69 for a four-shot victory in the Tour Championship. That was all he needed to become the youngest player to capture the FedEx Cup and its $10 million bonus.

His fifth win of the year, including two majors, was worth $1,485,000 and allowed the Texan to set a PGA Tour record with $12,030,465. And if that wasn't enough, Spieth went back to No. 1 in the world.

His battle with Henrik Stenson long over, Spieth finished it off in fitting fashion. He made an eight-foot par putt that was never going anywhere but right in the heart.

"This is one I cannot wait to celebrate," Spieth said.

The first person to greet him was his little sister, Ellie, who keeps him grounded. His parents, girlfriend, grandfather and high school friends from Dallas were in Atlanta to watch another amazing performance in a year filled with them.

Stenson couldn't do much about it.

On two holes around the turn with the Swede in tight for a certain birdie, Spieth matched him with a 20-foot birdie on the par-5 ninth and a 45-foot birdie on the par-3 11th. At that point, Stenson just stared at Spieth with a wry smile and patted him on the back.

> **Boy, that putter sure paid off.**
> Jordan Spieth

"It's been a phenomenal year for him," Stenson said after a 72 to tie for second. "I watched it firsthand at the first two rounds at Augusta, and he played phenomenal and putted phenomenal. And it was the same putting display, really, today — just an exhibition on the greens, to be honest.

"His putting and mental focus is the best in the world. It's hard to argue that."

And there's no longer an argument for PGA Tour player of the year.

Jason Day had five victories, including his first major at the PGA Championship, and there was talk a sixth win and the FedEx Cup might put the Australian in the discussion. Not anymore. Spieth won the Masters and U.S. Open, missed a playoff by one shot at the British Open in his spirited run for the Grand Slam and was runner-up at the PGA.

Along with winning the money list, Spieth won the Vardon Trophy for the lowest adjusted scoring average.

THE ASSOCIATED PRESS

Jordan Spieth ATLANTA-JOURNAL CONSTITUTION VIA THE ASSOCIATED PRESS

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PREMIER LEAGUE **PALACE CLIMBS TO SIXTH** Crystal Palace rose to sixth place in the Premier League on Sunday after Yohan Cabaye converted a second-half penalty to earn a 1-0 victory over hosts Watford. JULIAN FINNEY/GETTY IMAGES

WEEKEND ROUNDUP

Giovinco etches his name in MLS history
Sebastian Giovinco broke the MLS single-season points record, assisting on two goals in Toronto FC's 3-2 win over the Chicago Fire on Saturday to push his total to 35. THE ASSOCIATED PRESS

GETTY IMAGES

Bad news for Barcelona
Lionel Messi tore a ligament in his left knee in Barcelona's 2-1 win over Las Palmas on Saturday. The club's all-time top scorer will be out seven to eight weeks. THE ASSOCIATED PRESS

Kane comes through vs. City
Harry Kane scored his first goal of the season for Tottenham as Spurs roared back from a goal down to hammer Manchester City 4-1 in the Premier League on Saturday, sending City to second in the table behind Manchester United. THE ASSOCIATED PRESS

Ireland gets real

RUGBY WORLD CUP

After a pair of blowout wins, Greens ready for next level

Consider Ireland's confidence restored. Only eight days ago, there were doubts about the reigning two-time Six Nations champions entering the Rugby World Cup after backward steps in consecutive warm-up defeats to Wales and England.

Those wobbles have been banished after big wins in their first two Pool D matches: an opening 50-7 victory over Canada, followed on Sunday by a 44-10 defeat of Romania before another record Cup crowd at Wembley Stadium in London.

Irish eyes were smiling again, and though it was at the expense of Tier Two teams, Ireland hasn't put up these kinds of numbers since the 2011 Cup in New Zealand.

Banking two bonus-point wins was vital, coach Joe Schmidt said, because it puts Ireland in position to qualify for the quarter-finals with a win over Italy next weekend at the Olympic Stadium. The Italians will be a step up but also emboldened because Schmidt believed they will be joined on Monday by captain Sergio Parisse, who has been healing a leg injury in France.

"Our Rugby World Cup starts in earnest now," Schmidt said.

They will hit the ground running. Schmidt was delighted that, against Romania, a second-string side with 12 changes produced a bunch of players ready to make selection this week interesting. He singled out backs Keith Earls, Tommy Bowe, Simon Zebo and Darren Cave, prop Cian Healy making his first start since surgery on a prolapsed disc in his neck in May, lock Devin Toner, who made 11 tackles and stole a lineout throw-in, and stand-in captain Jamie Heaslip. THE ASSOCIATED PRESS

Ireland's Devin Toner claims a lineout Sunday at Wembley. MIKE HEWITT/GETTY IMAGES

CANCON

Canada is 0-2 in pool play at the Rugby World Cup after dropping a 23-18 decision to Italy on Saturday. The Canadians, who burst out to a 10-0 lead early, couldn't hold on to secure their first victory at the tournament. Up next for Canada is 2-0 France on Thursday.

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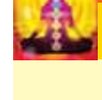

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RECIPE Kale Chicken Salad

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Can we pretend it's summer for just a few more days? A salad for dinner is an easy way to keep things light a little longer.

Ready in
Prep time: 15 minutes
Serves 4

Ingredients
- 2 boneless, skinless chicken breasts
- Salt and pepper to taste
- 1 small head of kale
- 1 Tbsp olive oil
- 1 cup blueberries
- 1 cup pecans, roughly chopped
- Dressing
- 1/2 cup crumbled goat cheese

Directions

1. Season chicken with a pinch of salt and pepper. Grill breasts on the barbecue or a grill pan for about 5 minutes a side until they are cooked through. Set aside.

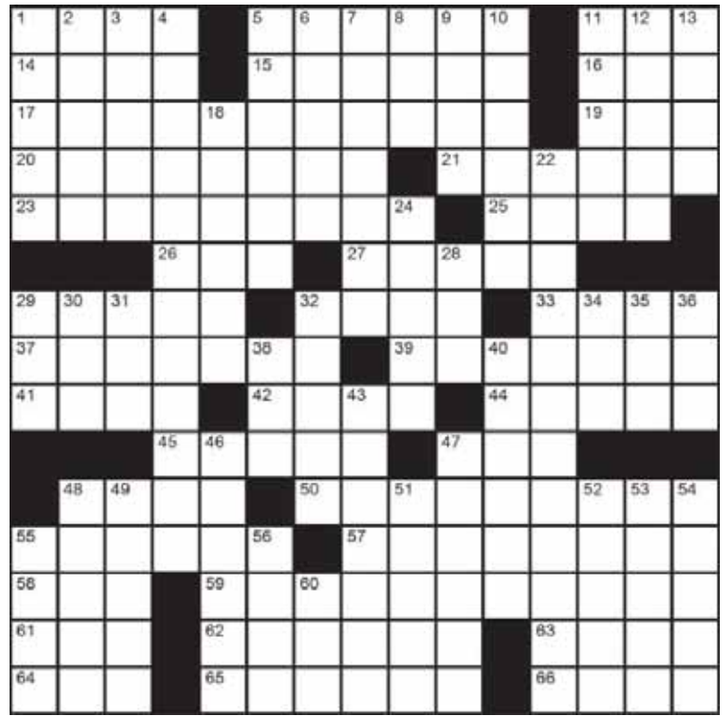
2. Wash kale and use a sharp knife to cut out the rib of each leaf. Slice the leaves horizontally into ribbons. Drizzle with a bit of olive oil, toss, then massage leaves for a minute or two.

3. Cut chicken into bite-sized pieces. Toss the chicken, berries and pecans in with the kale. Pour a small amount of salad dressing over and toss. Crumble the goat cheese over the salad. Place the extra dressing on the table for anyone who would like a little more on their salad.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Ancient's 750
5. Takes time drinking: 2 wds.
11. Carpentry tool
14. Et __ (And others, in Latin)
15. Must pay someone: 2 wds.
16. Your, biblically
17. Mount Vesuvius destroyed Pompeii ... but what other town did it also bury in 79 A.D.?
19. Small, small-ly
20. Scotland's infamous monster: 2 wds.
21. Comfort from strife
23. Old-fashioned communication: 2 wds.
25. Hurry things along
26. Author, Anais __
27. Like porridge bits
29. "10" (1979) star Bo
32. Dynamites
33. Focuses
37. Sugar pill, in clinical trials
39. Cafeteria uniform requirement
41. Macbeth's burial place
42. Some PCs
44. Hosiery brand
45. Skin products giant
47. Nov.'s follower
48. Pasturelands
50. __ of North America (Nicknae given to Quebec City by English writer Charles Dickens because of its fortification)
55. Baggies brand
57. Verdi opera, La __
58. Blood-typing letters
59. Canadian actor whose films include Saving Private Ryan, The Green Mile and 61* in which he played baseball legend Roger Maris: 2 wds.
61. B'way's setting
62. Each
63. Reasoned
64. Impatient shout!
65. Paperback-purchasing person
66. Ballpark figs.

DOWN
1. Arlene and Roald
2. Demagogue of ancient Athens
3. Around, in dates
4. Island of Montreal waterway, a National Historic Site of Canada: 2 wds.
5. Earnest
6. "_ _ _ Teenage Werewolf" (1957)
7. CPP = Canada __ Plan
8. Opposite NNW
9. Giant of ancient Greek mythology
10. Rock band, Faith __ __
11. Bodybuilding legend Charles
12. Question of selection
13. Mr. Lovett
18. Dissimilar
22. Rare space event spotted by Earthlings: 2 wds.
24. Wood strips
28. Air†travel screening gr.
29. Printer resolution meas.
30. Bitty Brit band
31. Campaigned
32. "Ain't Too Proud __ __" by The Temptations
34. Beethoven's "Minuet __ _"
35. Ms. Ryan
36. Canonized titles [abbr.]
38. BBD = Bell __ DeVoe
40. "_ __..." (Bequeather's sentence-starter in a will)
43. __ _' (Restaurant occupation)
46. Meteorological map line
47. "Mad Men" guy Don
48. Where Tripoli is the capital
49. Era
51. Actress, __ Dallas Howard
52. Spanish appetizers
53. Pitching _ __ (Camper's task)
54. Some restaurant steak orders
55. Whacky
56. Superman's outfit part
60. Narrow inlet

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
If you are not entirely happy with the way your life is going then do something about it. The lunar eclipse will make it easy for you to get rid of the old and make room for the new.

Taurus April 21 - May 21
Common sense will clash with ambition today. Be careful that your words and actions do not create resentment as it could cause problems down the road.

Gemini May 22 - June 21
Cosmic activity may be boosting your confidence but there are still some things that won't come easy. Don't take anything for granted because the moment you do is the moment things will go wrong.

Cancer June 22 - July 23
So many of the difficulties you have been experiencing recently will fade. There will, of course, still be times when you feel as if life is conspiring against you but accept it and deal with it. It's not a crisis.

Leo July 24 - Aug. 23
You are in a forgiving mood. But let others know you won't be taken advantage of. Don't give the impression that you are going soft!

Virgo Aug. 24 - Sept. 23
You need to accept that certain people and certain situations are too big for you to handle and focus instead on the things that you can have some effect on. Everyone has limits — work within yours.

Libra Sept. 24 - Oct. 23
Good things are happening now but don't take your luck for granted. The lunar eclipse will remind you how easy it is for things to fall apart. Not that they will, but it's a timely warning.

Scorpio Oct. 24 - Nov. 22
Disputes are likely and you will clash with someone in a position of authority. That's okay. The more you fight for your rights now the less likely it is you will be cheated later.

Sagittarius Nov. 23 - Dec. 21
Check the facts, both in your personal life and at work. You must not take anything at face value over the next few days, not even if it comes from a trusted source.

Capricorn Dec. 22 - Jan. 20
Good news is coming your way, but is it good news you can trust? The lunar eclipse warns that there could be a catch. You are skilled at spotting tricksters but today it won't be so easy.

Aquarius Jan. 21 - Feb. 19
You may be enthusiastic about what you are working on but don't take on too many tasks. People won't be amused if you fail to deliver what you promised.

Pisces Feb. 20 - March 20
Make sure you keep track of how much money you spend because you could easily get carried away and empty your pockets without much to show for it at the end.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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	8			2	1			
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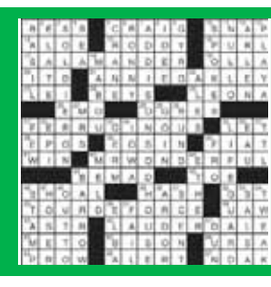

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